

Have you registered your child at the dentist?



Tooth decay is caused by bacteria in the mouth. These bacteria make a sticky substance called plaque that can eat away at a **tooth's** enamel. Poor oral hygiene can raise your **child's** risk for **tooth decay**. A dentist can diagnose **tooth decay** with an exam and X-rays.



Here's how to keep cavities away:

1. Start good oral habits early. Teach kids to brush at least twice a day with fluoride toothpaste and to floss regularly.
2. Get enough fluoride. Regular use of fluoride toughens the enamel, making it harder for acid to penetrate. ...
3. Limit or avoid certain foods e.g. sugary drinks, sweets and chocolate.

Local NHS dentists:

Withington Dental Care
240 Mauldeth Rd West · 0161 445 6000

Brooklyn Court Dental Practice
390 Wilmslow Rd · 0161 445 3647

Bupa Dental Care Withington
429 Wilmslow Rd · 0161 445 3104

